

# Synergy for Your Health, Energy for Your Day!



- Promotes Energy\*
- Promotes Cardio Health\*
- May Support Bone Health and Prevent Osteoporosis<sup>2</sup>
- May Reduce Risk of Macular Degeneration<sup>2\*</sup>
- Utilizes Sublingual and Buccal Absorption\*
- Supports Healthy Hair, Skin and Nails<sup>2\*</sup>
- Most Active Forms of B12, B6, and Folate\*
- Helps the Body Convert Fats and Proteins Into Energy\*
- May Help Achieve Good Sleep\*
- Reduces Stress\*
- Promotes Circulation\*
- Anemia Prevention<sup>2\*</sup>
- May Improve Mood<sup>2\*</sup>
- Shelf Stable\*

B12 Strips are dispensed in an easy to use cassette.



Winter Berry Flavored B12 **2000mcg** is Available in a 30 Count and 90 Count Value Size.

## Supplement Facts

Serving Size: 1 Strip  
Servings Per Package: 30, 90

	Amount per serving	% DV
Methylcobalamin B12	2000 mcg	33,333%
Vitamin B6 (P5P)	5 mg	250%
Folate (5-MTHF)	800 mcg	200%
Biotin	2500 mcg	833%

\* Percent Daily Value based on a 2,000 calorie diet.

**Other Ingredients:** Hydroxypropyl Methyl Cellulose, Glycerin, Stevia, Modified Starch, Natural Flavor, Gum Arabic, Sodium Carboxy Methyl Cellulose, Monoglyceride Stearate, Menthol.

## Why Choose B12 and Essential Source B12 Strips?

Vitamin B12 is a nutrient that helps keep the body's nerves and blood cells healthy and helps make DNA, the genetic material in all cells. Vitamin B12 also helps prevent a type of anemia called megaloblastic anemia that makes people tired and weak.<sup>1</sup> Essential Source B12 Strips give you instant access to this powerful nutrient in a refreshing, easy to use, sublingual strip. Simply pull a great tasting B12 strip from the compact cassette dispenser and place on your tongue. In seconds B12 is released and absorbed through our advanced sublingual delivery system.

**B12 1000mcg**  
Our 1000mcg B12 Strips come in a standard 30 day pack. You'll love the refreshing mint flavor.



## Supplement Facts

Serving Size: 1 Strip  
Servings Per Package: 30

	Amount per serving	% DV
Methylcobalamin B12	1000 mcg	16,665%

\* Percent Daily Value based on a 2,000 calorie diet.

**Other Ingredients:** Hydroxypropyl Methyl Cellulose, Glycerin, Stevia, Modified Starch, Natural Flavor, Gum Arabic, Sodium Carboxy Methyl Cellulose, Monoglyceride Stearate, Menthol.

### Suggested Use:

For best results, allow strip to fully dissolve on tongue, swish fluid throughout entire mouth for 30 seconds making sure to pass fluid under tongue. Swallow any remaining fluid. As a dietary supplement take one to two strips daily.

### Supporting Research Sources:

- NIH** National Institutes of Health  
Office of Dietary Supplements
1. <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>
  2. [https://www.healthline.com/nutrition/vitamin-b12-benefits#TOC\\_TITLE\\_HDR\\_10](https://www.healthline.com/nutrition/vitamin-b12-benefits#TOC_TITLE_HDR_10)

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FDA has not evaluated this product for safety or efficacy.





## Understanding the Nuances and Delivery of B12 and B6 Vitamins...

### What it Means to You!

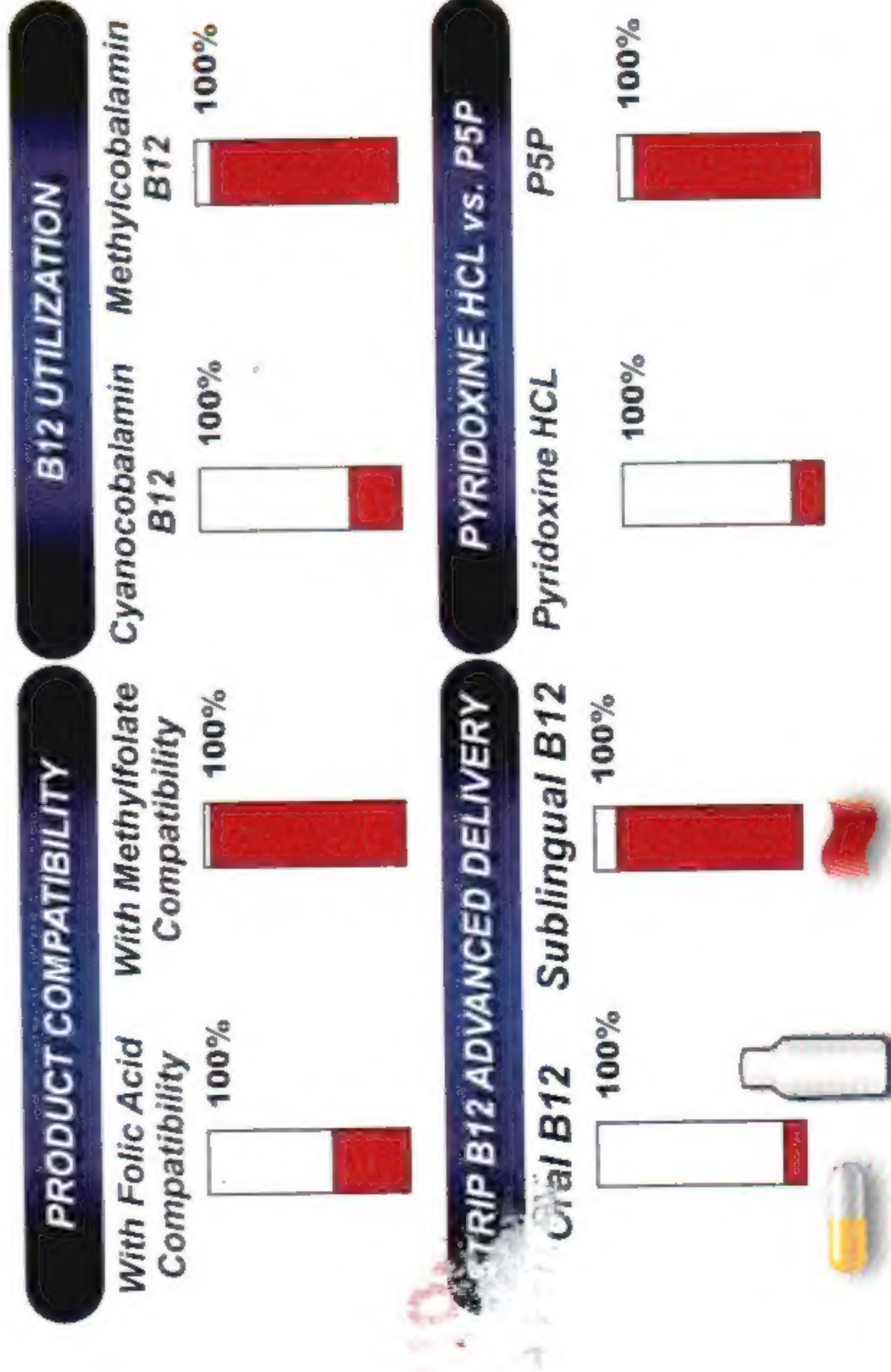
**Q: Why has Folic Acid Become Obsolete?**  
**A:** Due to the rise in a genetic malformation (MTHFR) which may affect up to 60% of the population, we no longer use Folic Acid in our natural products. Those who suffer from this condition are unable to process folic acid, which needs to be converted to methylfolate in the body. Essential Source B12 Strips use Methylfolate (5-MTHF) in place of folic acid, for the highest level of benefit.

**Q: Why Choose Methylcobalamin Over Cyanocobalamin B12?**  
**A:** Methylcobalamin is the most efficient form of B12. Before Cyanocobalamin can be properly utilized by the body, it has to be stripped down in a time consuming, multi-step process.

**Q: Why Take B12 Strips instead of a Liquid or Pill?**  
**A:** When you take a vitamin in liquid or pill form, any B12 present is absorbed by tiny proteins in the stomach and intestines that bind B12. As a result, only a small percentage of any form of B12 makes it into your bloodstream.\*

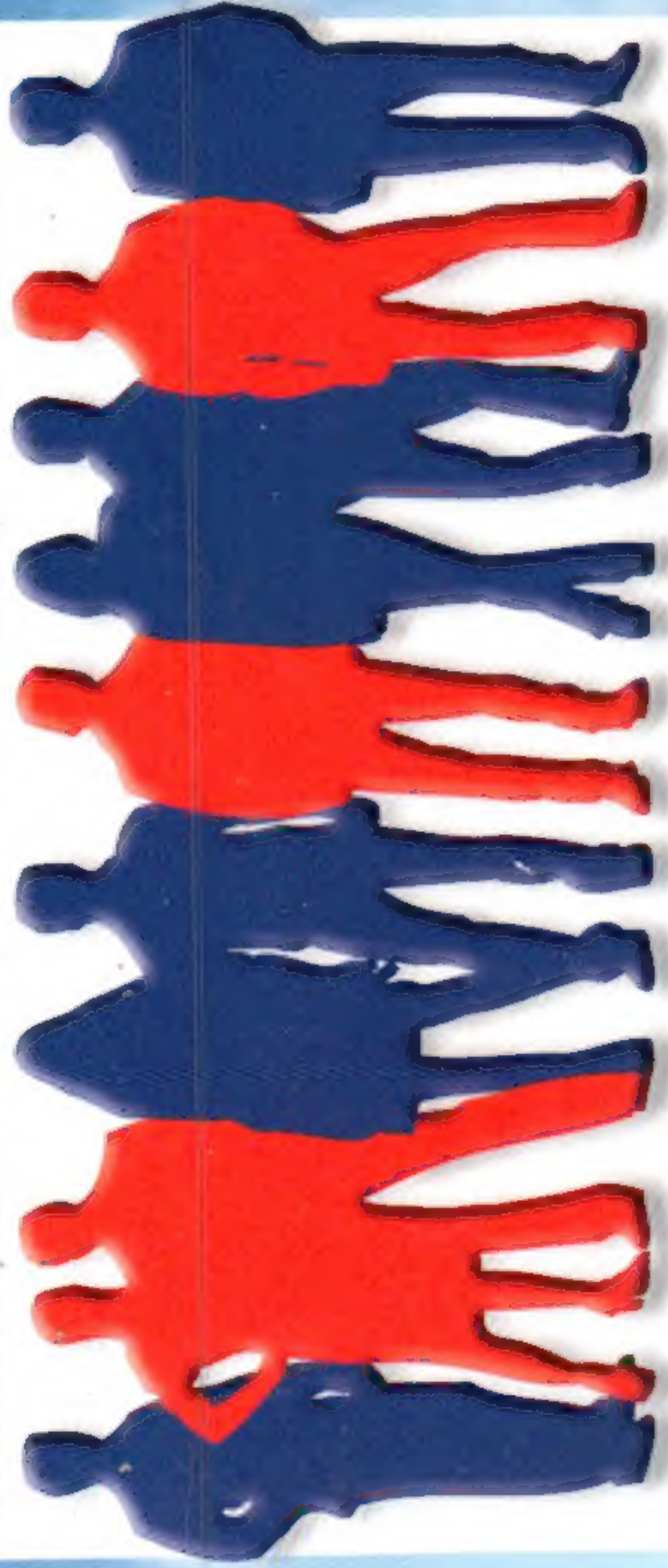
**Q: What is Pyridoxal-5-Phosphate (P5P)?**  
**A:** P5P is the active form of vitamin B6. Vitamin B6 is found in one of three forms: pyridoxine hydrochloride, pyridoxal, or pyridoxamine, which must be converted by the liver to the active form the body needs - P5P. Low rates of conversion from the inactive forms have been reported, especially in people with impaired liver function, celiac's disease, older adults, and children with autism. By consuming the active P5P form, the full benefits are available immediately.

**Q: Why incorporate Biotin for Energy?**  
**A:** Biotin is a water-soluble B vitamin that is best known for its dominant role in "skin, hair, and nail" health. As a B vitamin, Biotin is part of enzymes that convert fats, carbohydrates, and protein into energy.



## Are You at Risk from B12 Deficiency?

STUDIES SHOW NEARLY 40% OF AMERICANS ARE B12 DEFICIENT.



### POTENTIAL CAUSES OF B12 DEFICIENCY ARE:

Some people in the United States have trouble absorbing vitamin B12 from food. Your doctor can test your vitamin B12 level to see if you have a deficiency.

- Natural Aging Effects After 40+ Years
- Many Prescription Medications Including Birth Control
- Overuse of Caffeine

### Did You Know...

Studies have shown that high homocysteine levels are associated with Alzhiemers and Heart disease. Studies have also shown that supplementing vitamin B12, B6, and Folate in your diet can balance homocysteine levels.

If you fit into one or more of these categories, you may be experiencing the following:

- Fatigue
- Depression
- Poor Memory
- Neurological Symptoms
- High Homocysteine Levels
- Poor Circulation



(877) 879-9966  
[www.EssentialSource.net](http://www.EssentialSource.net)

Advanced Strip Delivery System

# B12 STRIPS

Active Methylcobalamin B12

2000mcg - 90, 30 count  
 1000mcg - 30 count



ESSENTIAL SOURCE

Dietary Supplement